

# State of South Carolina

## Governor's Proclamation

**WHEREAS,** healthy lifestyle choices can help reduce the incidence of many chronic diseases and improve the overall health of the residents of South Carolina; and

**WHEREAS,** the rate of chronic diseases such as stroke, heart disease, diabetes, and obesity has reached epidemic numbers in the Palmetto State; and

**WHEREAS,** good nutrition and active living are beneficial to our mental and physical well-being, positively impacting our health, longevity and quality of life; and

**WHEREAS,** The Wellness Expo of Myrtle Beach provides a venue for residents of Coastal South Carolina to go learn about health and fitness which could help them to lead longer, healthier lives.

**NOW, THEREFORE, I,** Mark Sanford, Governor of the Great State of South Carolina, do hereby proclaim September 29, 2007, as

### FAMILY HEALTH AND FITNESS DAY

throughout the state and encourage all South Carolinians to work to become more active and health conscience.



A handwritten signature in black ink, which appears to read "Mark Sanford".

**MARK SANFORD**  
**GOVERNOR**  
**STATE OF SOUTH CAROLINA**